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Reaching out

In Day 3, we look at how police combat trafficking, and one man's preference of masseuses over relationships PAGE 8-9

Happy Easter!

Metro will not be publishing on Good Friday. We'll be back on Monday!

Kids hospital design may be too small

Children's Hospital of Saskatchewan. NDP leader worried about cost of expanding plan

Health Minister Dustin Duncan says the design of the new Children's Hospital of Saskatchewan is on "pause" because it might be too small.

The design is nearly complete, but Duncan says officials now think it may not have enough beds for the province's growing population.

"Even with what we had thought, in terms of a government, in terms of the population growth of the province, even in that time from 2009 to today, we are seeing significant growth, but as well in a specific demographic of women who are in child-bearing years," Duncan said Wednesday at the legislature.

A detailed design was unveiled with great fanfare in April 2013, after the project team spent eight months working on the layout with staff, physicians and families.

Most of the concern is around the number of beds in the maternity unit.

However, the health minister insists the design won't need to be scrapped if changes are needed.

"They're at 90 per cent in the drawings and so they wanted to stop at that point because they thought that even if additional beds were approved, that it wouldn't require a total redesign of the facility," he said.

"It would be shifting a wall, bumping a wall out, which wouldn't affect 90 per cent of the plans."

NDP Leader Cam Broten says nurses have been raising concerns about the size of the children's hospital.

He's questioning what the delay means for the cost and construction of the facility.

"My concern is how much more is this going to cost as opposed to properly designing the hospital in the first place and listening to what is needed," said Broten.

Construction on the children's hospital was supposed to start early this year and be completed in late 2016.

Duncan says a final decision on how to move forward should be made in the next couple of weeks.

"We still are anticipating that ... we'll be able to tender the project later this year."

THE CANADIAN PRESS

'BEST IN THE LEAGUE'

Saskatchewan Roughriders quarterback Darian Durant answers questions from the media during a press conference at the Hotel Saskatchewan in Regina on Wednesday. The team announced it has secured a multi-year contract with Durant. See story on page 30. MICHAEL BELL/THE CANADIAN PRESS

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Better pull over

Baby boy born on Highway 12 en route to hospital

Around 4:06 a.m. on Wednesday, a healthy baby boy entered this world on the side of Highway 12 south of Martensville.

Troy Davies, director of public affairs with MD Ambulance, says the parents are originally from the town of Waldheim and were on their way to Royal University Hospital in Saskatoon when they called paramedics.

"Mom was in full-term labour," said Davies. "So our guys met them on the highway. When they got there, they transferred mom into the back of the ambulance and our paramedics ... decided to deliver right there."

He added that the birth lasted roughly half an hour and Martensville emergency responders were also there to help.

"The baby was delivered with zero complications whatsoever," he said.

This is the first roadside birth of 2014 for MD Ambulance. METRO

New report

Tough year for Crown corporations

A new report says Saskatchewan's Crown corporations had substantially higher net earnings last year.

The Crowns reported net earnings of $566 million in 2013, up $128 million from 2012.

But the results are not as rosy as they appear, and include $156 million in net proceeds from the sale of shares in the Information Services Corporation.

Donna Harpauer, minister of Crown Investments Corporation, says 2013 was actually a challenging year.

She says earnings were down at SaskPower, SaskTel, SaskEnergy and SGI.

THE CANADIAN PRESS

Family wins life-changing $1.6M home in hospital lotto

New digs. Lyons family grateful for their new abode

JACOB MORGAN
jacob.morgan@metronews.ca

Gail Lyons, winner of this spring's Hospital Home Lottery grand prize, is hoping her new $1.6-million house will allow her husband to work less and her family to see him more.

Sitting in the library of her spacious place in the Willows neighbourhood for the first time, she explained that her husband, Gord, works as a welder millwright in Fort McMurray, Alta.

"He's away a lot," said Gail. "And it's nice to have dad around."

She added that she was in disbelief upon first receiving the news Wednesday afternoon.

"We were in a 912 square-foot home on the west side," she said. "We can do anything now."

Prizes

Other prizes for this lottery include $395,215 in the 50/50 draw as well as an option for an early bird winner to pick a new vehicle or $88,000.

- All proceeds go to the foundations for Royal University Hospital, Saskatoon City Hospital and St. Paul's Hospital.

There are three children in the Lyons family, and two of them are still living with their parents. Jeff Lyons, 19, is a student at the Saskatchewan Institute of Applied Science and Technology.

"I am excited about the garage giving me space to work," said Jeff.

Bruce Acton, chair of the Hospital Home Lottery, said giving away the grand prize is always one of the best days of the year. The experience is especially rewarding, he added, when the recipients so deserve their good luck.

Gail Lyons, third from left, celebrates with her family in a brand new $1.6-million house during the Hospital Home Lottery announcement on Wednesday. They also received $10,000. For more photos visit metronews.ca. JACOB MORGAN/METRO

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Scan the photo below with your Metro News app to see a photo gallery of the rescue efforts in the South Korea ferry sinking.

South Korean ferry disaster

Near Jindo. Over 280 were missing; many had been trapped inside the boat as water rushed in; the tilt kept them from reaching exits

A ferry carrying 462 people, mostly high school students on an overnight trip to a tourist island, sank off South Korea's southern coast on Wednesday, leaving more than 280 people missing despite a frantic, hours-long rescue by dozens of ships and helicopters. At least nine people were confirmed dead and 55 injured.

The high number of people unaccounted for — likely trapped in the ship or floating in the ocean — raised fears that the death toll could rise drastically, making it one of South Korea's biggest ferry disasters since 1993, when 292 people died.

One student, Lim Hyung-min, told broadcaster YTN after being rescued that he and other students jumped into the ocean wearing life jackets and then swam to a nearby rescue boat.

"As the ferry was shaking and tilting, we all tripped and bumped into each another," Lim said, adding that some people were bleeding. Once he jumped, the ocean "was so cold.... I was hurrying, thinking that I wanted to live."

Local television stations broadcast live pictures of the ship, Sewol, listing to its side and slowly sinking as passengers jumped out or were winched up by helicopters. At least 87 vessels and 18 aircraft swarmed around the stricken ship. Rescuers clambered over its sides, pulling out passengers wearing orange life jackets.

But the ship overturned completely and continued to sink slowly. Within a few hours only its blue-and-white bow stuck out of the water; 160 coast guard and navy divers searched for survivors inside the wreckage.

THE ASSOCIATED PRESS

The South Korean Coast Guard tries to rescue passengers from the ferry Sewol off the southern coast near Jindo, south of Seoul, Wednesday. Dozens of boats, helicopters and divers scrambled to rescue more than 470 people, including 325 high school students.

HYUNG MIN-WOO, YONHAP/THE ASSOCIATED PRESS

South Korea

Ferry tragedy could be one of country's worst

Yonhap news agency said the 146-metre-long ship, which travels twice a week between Incheon and Jeju, was built in Japan in 1994 and could carry a maximum of 921 people, 180 vehicles and 152 shipping containers.

The water temperature in the area was about 12 C, cold enough to cause hypothermia after 1 1/2 hours of exposure.

The two previous deadliest ferry disasters were in 1970 when 323 drowned and 1993 when 292 died.

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Political players of all stripes gather to bid Flaherty farewell

State funeral. Harper opens the proceedings with personal tribute to late finance minister

Christine Elliott is escorted by her son Galen as they follow the casket bearing their husband and father, Jim Flaherty, following his state funeral in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

A gallery of political luminaries from all sides of the partisan divide gathered at a cavernous Toronto cathedral Wednesday to set aside their differences and pay final respects to former finance minister Jim Flaherty.

Mourners donned green scarves, a tribute to Flaherty's Irish heritage, inside St. James Cathedral as they celebrated the diminutive, combative politician, who died of a heart attack last week at the age of 64.

Prime Minister Stephen Harper began the proceedings with a personal tribute to his longtime political confidante.

Directly addressing Flaherty's wife, Christine Elliott, and the couple's triplet sons, Harper said, "We have lost a partner in politics, but you have lost a partner in life."

Harper kept his composure throughout most of what turned out to be a cheerful, lighthearted look back on the time he and Flaherty shared together in power on Parliament Hill.

"Occasionally, I imposed a final decision," Harper said of their periodic cabinet-table disputes.

"Occasionally I decided he was probably right. And occasionally, I decided he was wrong, but let him have his way because I just got so damn tired of arguing with him."

But as Harper's eulogy ended, he had to compose himself as he described the day he accepted Flaherty's resignation.

"I told Jim that he had truly been over these eight years, in my judgment, the best finance minister in the world, if not indeed the best in our history," Harper said.

"I also wished him well in his next career … and I told him not to be a stranger."

Liberal Leader Justin Trudeau, NDP Leader Tom Mulcair and former prime ministers Brian Mulroney, Kim Campbell and John Turner were among those on hand for the funeral, alongside federal cabinet ministers including John Baird, Peter MacKay and Chris Alexander.

Flaherty's state funeral is the first such honour since 2011, when former NDP leader Jack Layton was laid to rest.

THE CANADIAN PRESS

Quoted

"What a sad time this is in the life of our country."

Prime Minister Stephen Harper

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Calgary remains in shock as stabbing suspect set to undergo psychiatric exam

Women cry and hug beside a makeshift memorial near the scene of the multiple fatal stabbings in Calgary on Wednesday. LARRY MACDOUGAL/THE CANADIAN PRESS

Ernie Hagel has had plenty of experience with death during his 43 years as a funeral director, but he's struggling to deal with the loss of one of his promising young employees.

Jordan Segura was one of five young people stabbed to death at a house party in Calgary early Tuesday morning. He had worked for McGinnis and Holloway Funeral Homes in the city over the last year.

"Our staff are devastated," Hagel said Wednesday. "We've tried to deal with this, but when it hits home it hits hard. If it doesn't, it's time to get out of the funeral business."

Segura was attacked along with Zackariah Rathwell, Josh Hunter, Lawrence Hong and Kaiti Perras. All were in their 20s. All were at a party marking the end of classes at the University of Calgary.

Matthew de Grood, 22, has been charged with five counts of first-degree murder, and has been transferred to a Calgary psychiatric facility.

Lawyer Allan Fay said a justice of the peace ordered his client to receive a psychiatric assessment. Fay said he has spoken to his client, and de Grood was doing as well as could be expected.

"He was lucid, at least he seemed lucid to me. He seemed to understand what was going on to the best of someone's abilities," Fay said. "It's going to be a very difficult case indeed."

The Calgary home where the attack took place was surrounded with police tape Wednesday and the street remained closed. Flowers were piled under a tree in a makeshift memorial. There were also hand-scrawled notes and a candle paying tribute to the dead.

One read, "Heaven has five new angels." THE CANADIAN PRESS

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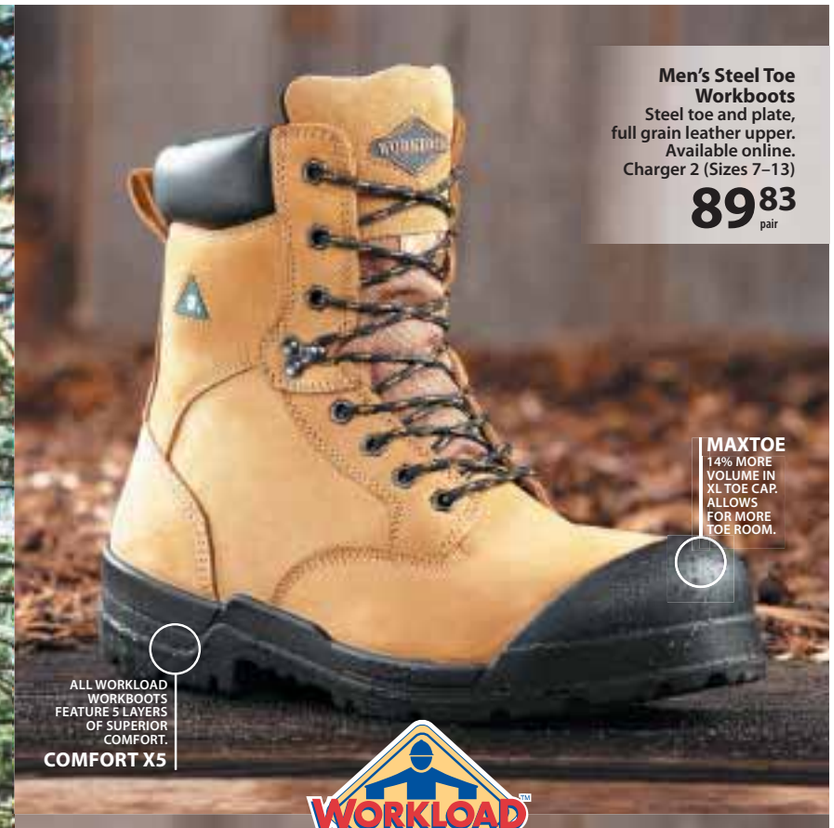

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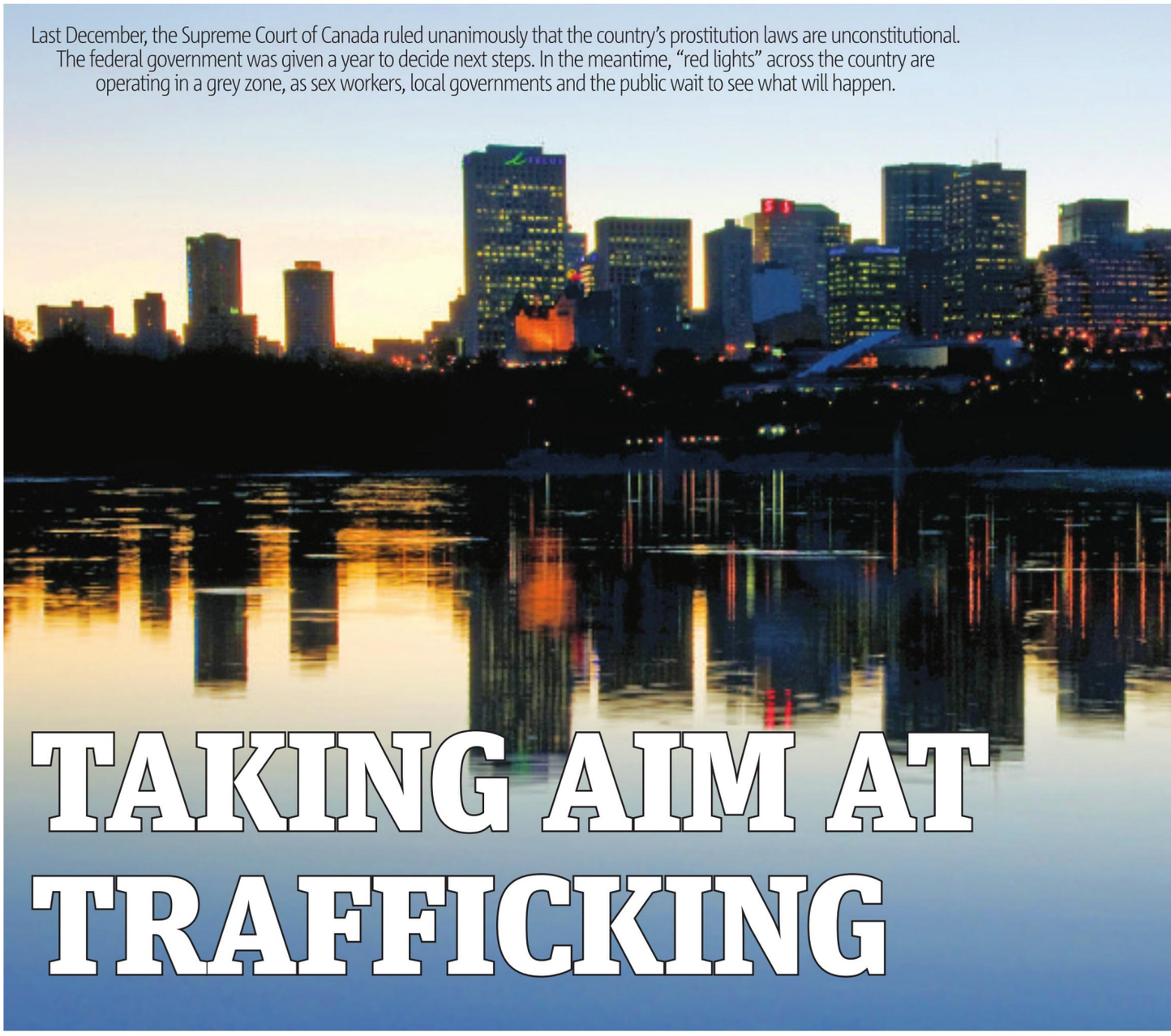
Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.



TAKING AIM AT TRAFFICKING

For the final day of our three-part series, Metro Canada speaks with police, counsellors and anti-exploitation advocates working on the front lines to try to ensure body rub workers in Edmonton have the proper abuse-prevention resources available. They all admit it's hard to pin down the number of criminal acts being committed on a daily basis due to the secretive nature of the sex industry

LEAH GERMAIN
Metro in Edmonton

For Edmonton police Det. Steve Horchuk, building trust is the cornerstone of his job, especially when it comes to working with women at body rub parlours. The city's regulated parlours make up the largest and most consistent group of sex workers in Alberta's capital, he says.

Working with his fellow officers on the Edmonton Police Service vice unit, Horchuk's days are spent building bonds, breaking down barriers and offering sex workers an outlet to talk about abuse or exploitation.

"We are looking for human trafficking. We are looking for underage girls and women getting ushered into the business," Horchuk says in a matter-of-fact tone. "Any sort of oppressive environment."

He said the reason for relationship building is simple: By educating sex workers about the risks involved in the industry, women can start to distinguish what's criminal and what's not.

Waiting for the other shoe to drop

"As education and awareness increase, I think we are going to see more reports of human trafficking in general."

ACT Alberta executive director Andrea Burkhart

"Sex workers will often deal with it on their own, without realizing they're being victimized," Horchuk says, adding it's almost impossible to know precisely how much crime or abuse might be happening at body rub parlours.

"We think, anecdotally from the women disclosing how many customers try and force anal intercourse, or try and force no contraception or they get rough and punch, choke or do things that are not consensual, that happens quite frequently."

Andrea Burkhart, executive director of ACT Alberta — an advocacy group that works with police and other local stakeholders to address human trafficking — is also committed to building trust with potential victims of the sex industry, particularly human trafficking.

"It's very hard to see human trafficking at first glance," Burkhart said. "People who've been trafficked often don't self-identify and (they) deny they've been trafficked."

While experts are unable to pin down the number of times women are trafficked into the sex industry through body rub parlours, Burkhart said building trust between sex workers and law enforcement is the first step to identifying the problem.

"There is still a lot that needs to be uncovered," she said. "As education and awareness increase, I think we are going to see more reports of human trafficking in general.

"We are hopeful those who have been trafficked in massage parlours know there is assistance for them should they come forward and seek help."

'Do you see me?'

A poem from former sex trade worker "Julie," provided by the Centre to End All Sexual Exploitation.

I work at the massage parlour you go to. Do you see me?

You come in and I catch a glance of you. I think I know you. I quickly run to the back room. Do you see me?

I check the camera. I don't recognize you, so I get ready to greet you with the other girls. We meet and you look at me leeringly. I tell you my fake name. I'm apprehensive. Do you see me?

I smile and exit before the next girl introduces herself. You tell her you want a session with me. She calls me back and appears upset that you chose me. She intimidates me and I'm scared of her. Do you see me?

We enter the room and you tell me you don't quite have the amount of money I quoted and ask for a 'deal.' I oblige. I feel cheapened. Do you see me?

I start to take my clothes off for you. I'm uncomfortable. I'm ashamed. Do you see me?

You start touching me and my skin starts to crawl. I feel myself pull away for a moment. Do you see me?

You ask if I enjoy what you are doing to me. I smile and say I do even though it's a lie. Do you see me?

You finish and tell me that you had a great time. I say I did too. Another lie. Do you see me?

You ask if I genuinely like my job. I tell you I love my job. I'm lying again. Do you see me?

You tell me you will come back and visit me again. I force a smile but I am dreading that day. Do you see me?

As you exit the parlour, I get tears welling up in my eyes. I feel objectified, de-humanized. Do you see me?

You leave and I prepare to meet the next guy who is already waiting, all the while wondering, Did you see ME?

Don't buy women, Don't buy the lie.

ISTOCK IMAGE

Edmonton police are trying to forge relationships with massage sex workers so women in danger don't feel like they have to deal with issues on their own. METRO

In a parlour or on the street, 'it is still sexual exploitation'

Hidden victims.
Despite regulations, abuse and exploitation still prevalent at body rub parlours, former vice detective says

LEAH GERMAIN
Metro in Edmonton

When it comes to the economics of body rub parlours, many sex workers advocate that it's time to stop thinking of them as a commodity and address the issue of supply and demand.

"At the core, it's a women's equality issue and a poverty issue," said Kate Quinn, the executive director for the Centre to End All Sexual Exploitation in Edmonton.

Working with sex workers on a daily basis, Quinn said one of the greatest issues facing the sex industry is a living wage for women. "When there is no livable wage option, women turn to the commercial sex industry and that's what we need to change," she said.

Acknowledging the struggles on the supply side of the equation — the women in the industry — Quinn said the impact body rub parlours have on demand — those paying for their services — is often overlooked.

"Women I have worked with in the commercial sex industry have said 90 per cent of their customers were married men, that money paid to those women came from their family economy," Quinn said.

"We never talk about the buyer's side. We never talk about the hidden victims — the buyer's family, children."

Like Quinn, JoAnn McCartney, a former Edmonton Police Services vice detective and current anti-prostitution advocate and counsellor, said even though body rub parlours are largely regulated, exploitation and abuse is an ongoing issue for sex workers.

From her own experiences visiting parlours as a police officer, and from stories shared with her by body rub workers, McCartney said she sees very little differentiation between street sex workers and women working in parlours.

"The women working in there think they are different from street prostitutes," said McCartney.

"They believe they are a step up. I don't think they are any better or worse. It is still sexual exploitation."

Advocates say it's time to stop thinking about sex workers as a commodity. ISTOCK

John says ...

Oil worker cuts out 'girlfriend bulls–t' in favour of massage parlours

Oil-rig work keeps John away from Edmonton for two to three weeks at a time. It also makes it pretty difficult for him to keep a steady girl back in the city, he says. As an alternative, the 34-year-old turns to massage parlours.

"It's hard for women to stay faithful. Every girlfriend I've had has cheated on me while I've gone to work. So basically I cut the whole girlfriend bulls–t out," he said.

Three years ago, John met Roxy (a body rub parlour worker Metro featured in Part 1 of this series). Every three weeks, when he was back in the city, John would drop by the parlour where she works.

The two eventually became friends, so they ended the working relationship and John now visits other parlours in the city, spending about $260 to $300 an hour to "stay" with a woman.

He said it is cheaper than date night.

"By the time you take a girl out on a date just to get some a–, you're looking at spending just about the same," he said.

John said he plans to stop visiting massage parlours once he is in a steady relationship.

Editor's note: John's name has been changed to protect his identity.

STEPHANIE DUBOIS/METRO IN EDMONTON

Your voice

What you had to say about this series

Metro readers had a lot to say about our three-part series on body rub parlours. Here is a selection of some of the comments posted on our website:

There are many people who don't have a lot of money, but they go out and work 2-3 jobs to make ends meet. Giving your body to be used by a complete stranger is not working, it's called prostitution no matter how you may try to word it. It not only puts the prostitute at risk of violence or disease, but most importantly it puts the married men at risk of bringing home those diseases to their innocent wives as well as destroying marriages when they are caught. They should not be legal/licensed anywhere in Canada. **CommonSense**

The best solution is to legalize prostitution so you go to a regulated brothel for sex and a massage therapist for injury related massage. **Annoyed**

Seems to me Canadians have set most of the prudishness aside, and realize that the sex trade cannot be stopped, but can only be driven underground ... I look forward to the day when we will look upon a normal, and potentially exciting, sexual encounter, as we now look forward to a lovely dinner at a fine restaurant. Why shouldn't one treat themselves to something new and exciting? **Awfulorv**

This career does not put married men at risk of anything; that is the married man's choice, not the sex worker's. That line of thinking is the same as people who blame rape victims for "dressing provocatively," as if men are some out-of-control animals who only rely on base instincts. If someone is OK with, or even enjoys sharing a sexual experience with others for money, that is their business, not yours. Don't like it? Don't participate in it. Simple as that. **Kakkoi**

Get caught up

If you missed any part of Metro Canada's three-day series, visit metronews.ca/features/massage-parlours for all our features, along with additional content only available online.

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that Mi Hong Restaurant Ltd. has applied to the Liquor and Gaming Authority for a Restaurant Permit to sell alcohol in premises known as Mi Hong Restaurant at 5 811 51st Street East, Saskatoon, SK of which the following is a correct legal description:

Lot 3 Except West 60'
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Plan No. 61 S 20645
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Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

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Country star's passion for fashion

Jess Moskaluke.

Singer releases new album and a line of lip gloss — and also scores two SCMAs

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Country music star Jess Moskaluke released both an album and a lip gloss line this week. COURTESY NATHAN ELSOGIL

Professionally, Jess Moskaluke might not seem to have much in common with singers like Rihanna or Queen Latifah, but the rising country music star does share one similarity with these divas.

The Langenburg, Sask. native has just released a line of lip gloss through Natalie Sexton's Sexton in the City line.

"We met and talked about style and that kind of thing and I threw out the idea of releasing a lip gloss line when my album dropped and she was all over it. And believe it or not, my label liked the idea, too," Moskaluke said with a laugh.

Moskaluke is quick to stress the products aren't a marketing gimmick and says she is passionate about all things fashion. It was also important to her that the lip glosses reflected both who she is and her music.

"The colours were already pre-named. But I chose ones that I would wear, and I tried to choose ones that made sense with the album. One is called Oh Jessie, another is called Audition and there's Socialite, which makes me think of the social media side of my career."

As for the more traditional release that came out this week, Moskaluke says she's hopeful her album Light Up the Night will also put smiles on her fans' faces.

"I personally couldn't be happier with the record, and that's all you can ask — that my team and I are happy with the product that we're putting out into the world. All I can hope is that people like it as well."

Light Up the Night was recorded in just one week, but Moskaluke has nothing but good things to say about the experience, especially since she got to record it close to home in Saskatoon.

"That was a lovely treat. We brought in my producer (Corey Crowder) from Nashville. So it was even cooler to show him around a bit, because I've spent so much time in his hometown."

And clearly the province loves Moskaluke just as much as she loves it. In addition to releasing the album and lip gloss line on Tuesday, this week also saw her win SCMA awards in Nipawin as best female vocalist for the second straight year, and single of the year for her hit song Good Lovin'.

SCMA Awards

Saskatoon was well-represented at the SCMA Awards, handed out in Nipawin last weekend. WYATT took home three trophies for group, single and video of the year and Codie Prevost also scored a hat trick with the achievement, fan's choice and best male artist awards. Stephen Maguire took home a pair of trophies for his work on and off the stage, being recognized with the humanitarian award and country music person of the year.

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IT'S NOT YOU, IT'S THE PLAYOFFS

HE SAYS

John Mazerolle
metronews.ca

By the time you read this, my love, I may already be in sudden death.

We've grown close these first few months together, but as my girlfriend I think it's only fair you know there's a side of me you haven't seen before — a dark side, an off side. It's time for the NHL playoffs.

I'm so sorry.

If you're reading this, you probably already know what I mean. Maybe you've picked up this column during a game because you've given up on speaking to me directly.

You speak, but I respond with only an icy stare in the direction of sudden-death overtime.

You step in front of the screen, and I leeeean around you, possibly rousing myself long enough to mumble the old family chestnut about making "a better door than a window."

You try to ask about Don Cherry's wardrobe, but I've plugged my fingers into my ears and curled into the fetal position until he's done explaining that the forwards should cover the points.

But don't fret. I believe in us. Or, to be more specific, I believe you have what it takes to put up with me. You've proven it before.

We went to see a Raptors basketball game together, and you provided the insightful colour commentary that only fresh eyes can deliver: "They score a lot in basketball!" And you showed a true understanding of the heart of basketball (really), when you said, "It's taken them 10 minutes to play the final 36 seconds."

We watched the Raptors lose, though they won their division because the team chasing them lost in a simultaneous game. You got home, saw the headline "Raptors win" and declared, "I don't think I understand basketball," and it was just about the cutest thing ever.

And, recently, your roommate wished me "Good luck" for the hockey playoffs, and you were confused because I don't actually play for the Boston Bruins, even if my apartment has more B's paraphernalia than their team bus. You chuckled and insinuated that I somehow have no impact on the result of the game.

That's nonsense, of course. Anybody who's ever helped their kid eat by opening their own mouth, or helped a pilot land an airplane by staring out the window, knows the vital role I play.

But I'm not asking you to understand. You don't even have to like it. You just have to understand that I like it.

So, my sincerest apologies, my love. I'll make it up to you, and I don't need anything from you. You don't need to know your icing from your elbowing penalty. You just need to know I'll be in my Cups just a little while longer, and then I'm yours.

I know I'm risking heartbreak and loss over these two months, but that's hockey!

Sincerely,
John

P.S. Thanks for being such a good sport. I'm a fan of those.

ZOOM

Dog days of prosthetics

LINDSEY MLADIVINICH/ORTHOPETS/THE ASSOCIATED PRESS

Pooch saved from foreclosed home

Naki'o, a red heeler mix breed, has received four prosthetic limbs in Denver, Colo. Naki'o was found in the cellar of a Nebraska foreclosed home with all four legs and its tail frozen in puddles of water-turned-ice. What frostbite didn't do, a surgeon did, amputating all four legs and giving him four prosthetics. THE ASSOCIATED PRESS

Two-legged dog vid

- A nine-month-old boxer named Duncan barrelled down a beach in Oregon, running full tilt on soft sand into YouTube history and showing more than four million viewers he can revel in a good romp despite lacking back legs.

More Paw-sibilities

More veterinarians are using wheelchairs, orthotics and prosthetics to improve the lives of dogs that have lost limbs to deformity, infection or accident, experts say. There have also been great strides in technology to keep up with U.S. soldiers returning wounded from war, and veterinarians have adapted the materials and know-how for the rising demand from clients. THE ASSOCIATED PRESS

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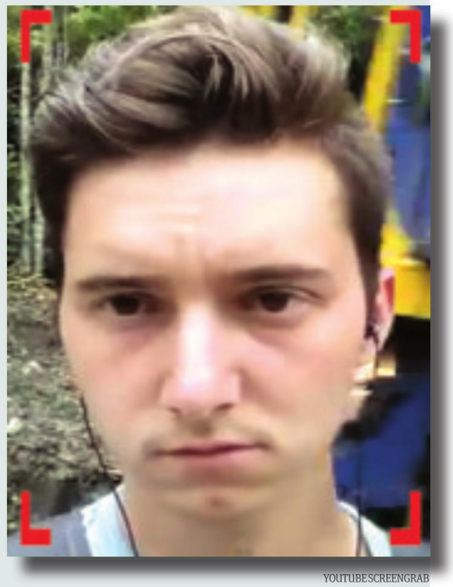
metro AR

MetroTube

Selfies suffer a huge blow to the head

ANDREW FIFIELD
metronews.ca

Selfie has had a tough time since the heady days of 2013 when it was blessed with Word Of The Year status by Oxford Dictionaries. First, its definition was rudely changed to "here's a photo of me surrounded by mob of grinning faces." And, it's also become shorthand for Samsung PR stunt. Now this: A young man can't even take a well-groomed selfie in a situation of highly questionable safety without getting a rude boot to the head from a train engineer — a lesson in self-preservation that comes with an ironic dash of danger. (Via Jared Michael)



YOUTUBE SCREENGRAB

metro

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See that symbol? It means you can scan this image with your Metro News app. I'm Batman! See a clip from The Lego Movie

SCENE 2

Fine family films for Easter

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The Lego Movie is one of the best movies out this year — for kids and adults. CONTRIBUTED

Synopsis

After enjoying big Easter and Passover meals, the Reel Guys like to treat the family to a good movie. Because there are as many different kinds of family movies as there are colours on the most psychedelic Ukrainian Easter egg, this week the guys have a look at their favourites. From the big screen to rentals for the small screen they choose movies that will put an extra hop in your step this weekend.

Long weekend entertainment. The Reel Guys list their picks for flicks that delight both parents and kids

Richard: Mark, if you're planning to take the kids out to the movies this weekend, there are two recent family flicks that deserve to be seen on the big screen. The Lego Movie is possibly the weirdest, most psychedelic kid's entertainment since H.R. Pufnstuf, but it is also one of the best films of the year so far, kid's movie or not. Then there is Mr. Peabody & Sherman, a big animated film inspired by a time travelling segment from the TV show Rocky and His Friends. It's the only kid's movie with an Oedipal joke and the kind of children's movie that I think parents and kids will enjoy, but probably for completely different reasons.

Mark: Richard, so far The Lego Movie is the most exciting movie of the year, family or otherwise, but it should be noted that it, too, has a strong Oedipal theme in it. As a father of a three-year-old, I'm never quite sure what family entertainment means; what's appropriate for my little boy is different than what might entertain an eight-year-old. Pretty much anything animated works for all ages, but then it gets complicated. And gender plays a role in choosing the right flick, too. Young girls love The Wizard of Oz, but young boys, not so much. But you never know. My little one loves Frozen, just out on DVD, even though it might seem "girly" to some.

RC: People love Frozen. I'm not one of them, but there is no arguing with the success of that movie. I'm more on side with Despicable Me II, which I thought was great fun despite its predictable plot. The story of chrome-domed former bad guy Gru's (Steve Carell) working with the Anti-Villain League could have written itself, but the inventive gags contained within are the reason the whole family will enjoy the movie. There are lots of fun characters, but it's really all about the Minions — Gru's yellow, jelly-bean-shaped helpers — who spice things up with their own special kind of anarchy. Speaking in gibberish, they're fun and more than worth the rental.

MB: Despicable Me II is a treat but my little guy deemed it "too scawy". But I look forward to a family viewing of E.T. — the greatest family movie ever. Young or old, boys or girls, who doesn't love the tale of that lovable little alien? Also on my eventual DVD queue would be Gremlins and even Home Alone. Kids love movies with kid heroes.

RC: Speaking of kid heroes, the adaptation of the classic Maurice Sendak children's book Where the Wild Things Are isn't a movie for kids as much as it is a movie about being a kid. Max is the hero, a lonely kid who goes to where the wild things are. It's a slow moving, simple film about deep feelings. It's not a slick, brightly coloured kid's film with a connect-the-dots plot and an easily digested moral, but it is a magical movie.

MB: I never got the appeal of the movie or the book, but maybe I've been missing something. But here's an idea: Sit down with the family and watch A Hard Day's Night. Everyone loves The Beatles, and this is the pop group in full cheeky-cute mode. Their rock songs from 1964 sound a lot like kids music today, with their melodic hooks and innocent lyrics.

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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Documentary

Bears

Director. Keith Scholey, Alastair Fothergill

Stars. John C. Reilly

In an epic story of breathtaking scale, Disneynature's new True Life Adventure Bears showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set against a majestic Alaskan backdrop teeming with life, their journey begins as winter comes to an end and the bears emerge from hibernation to face the bitter cold.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 89%

Comedy

The Trailer Park Boys: Don't Legalize It

Director. Mike Clattenburg

Stars. John Paul Tremblay, Mike Smith, Robb Wells

The Trailer Park Boys are back. But these are tough times for Ricky, Julian, and Bubbles, and for everyone in Sunnyvale Trailer Park.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:**

Action/Sci-fi

Nymphomaniac

Director. Lars von Trier

Stars. Stellan Skarsgård, Charlotte Gainsbourg

Nymphomaniac: Volume I is the story of Joe (Charlotte Gainsbourg), a self-diagnosed nymphomaniac who is discovered badly beaten in an alley by an older bachelor, Seligman (Stellan Skarsgård), who takes her into his home. As he tends to her wounds, she recounts the erotic story of her adolescence and young-adulthood (portrayed in flashback by newcomer Stacy Martin).

Rotten Tomatoes™ score
Critics: 80% **Audience:** 89%

Sci-Fi Thriller

Transcendence

Director. Wally Pfister

Stars. Johnny Depp

Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-technology extremists who will do whatever it takes to stop him.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 98%

Drama/Romance

Gloria

Director. Sebastián Lelio

Stars. Paulina Garcia, Sergio Hernández

Gloria is a "woman of a certain age" but still feels young. Though lonely, she makes the best of her situation and fills her nights seeking love at social dance clubs for single adults. Her fragile happiness changes the day she meets Rodolfo. Their intense passion, to which Gloria gives her all, leaves her vacillating between hope and despair — until she uncovers a new strength and realizes that, in her golden years, she can shine brighter than ever.

Rotten Tomatoes™ score
Critics: 99% **Audience:** 71%

Documentary

Tim's Vermeer

Director. Teller

Stars. Tim Jenison, David Hockney

Tim Jenison, a Texas based inventor, (Video Toaster, LightWave, TriCaster) attempts to solve one of the greatest mysteries in all art: How did 17th century Dutch master Johannes Vermeer (Girl with a Pearl Earring) manage to paint so photo-realistically — 150 years before the invention of photography? The epic research project Jenison embarks on to test his theory is as extraordinary as what he discovers.

Rotten Tomatoes™ score
Critics: 91% **Audience:** 84%

New

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LIFE 3

A runway that's run their way

The Anti-Agency is the modelling agency that won't get in line and conform. The founders explain why their company favours an attitude and a backstory over a conventional cut 'n' paste face

Mimi Wade / ANTI-AGENCY

Amy Blakemore / ANTI-AGENCY

Chris Tanner / ANTI-AGENCY

"I have no problem with models getting their tits out but I do have a problem when there's an extreme disparity between how men and women are presented," asserts Anti-Agency model Amy Blakemore. The shaven-headed, award-winning poet adds, "Implied submissive is the only thing that I would refuse to do for a client — it's a feminist principle thing." She chuckles.

It's not an opinion that's often vocalized amongst the fashion industry, let alone its silent model subjects. "We don't hire people who want to be models," says Anti-Agency co-founder Pandora Lennard. Lennard and her business partner Lucy Greene, who are officially launching the London-based agency this month, put no pressure on any of their ineffably beautiful, tattooed and pierced model misfits to conform to any industry standard statistics. They're in control of their appearance from body hair to BMI, as well as the jobs that they take on.

The fashion world has never truly been a great advocate of free speech or choice amongst its models. So are the 24-year-old founders not concerned that outspoken individuals could potentially be bad for business? "Brands like someone who authentically represents their identity," argues Greene. "They know they're not going to get some quiet model; they're bolshie but well-behaved."

It's an attitude that fits well with clients such as Dr. Martens, Vivienne Westwood and ASOS. "If you're being booked through the Anti-Agency, both the model and the brand know what to expect," says musician, model and barman Chris Tanner. Makeup artist and model Portia Williams agrees, "They take you on for who you are and not just the way you look."

The fashion stylists' counter-intuitive business model suits a generation of 20-somethings who can't be defined by a single job title — it's the rise of the model / DJ / any other artsy career.

"Our models are aspirational and people want to get to know them beyond just an image," says Lennard. They're part of a new wave of 'personality girls' like "[rainbow-haired] Chloe Norgaard, Cara Delevingne and Kendall Jenner."

Indeed, social media self-promotion has the public tuning in to the private lives of models in a previously unprecedented way. "It's about them as individuals," says Greene. It's the reason in the celebrity sphere that we expect the impromptu Instagram image of Delevingne's tongue or Miley Cyrus' bum. The talent agents use social media themselves to scout for future faces. "You can see into their lives through Facebook and Instagram," explains Greene. "It's Facebook stalking. We've had 2 a.m. phone calls like, 'Have you seen this girl?'," admits Lennard.

And for the duo — who first saw the business as an opportunity to help out their cash-starved creative friends — it's time to take advantage of fashion's current craze for kookiness and expand their 50-strong roster to the global market. And who knows, the Anti-Agency's new model army might just make conventional beauty seem oh so last season.

METRO WORLD NEWS IN LONDON

The new model beauty: Portia Williams / ANTI-AGENCY

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Boost your backyard privacy

DIY. Three ideas to turn your backyard into a personal oasis away from prying eyes

Keeping the backyard private shouldn't be as complicated as building kitchen cabinets or adding a second floor. A few clever projects will block out curious onlookers and create a more comfortable space to spend time with friends and family. Instead of waiting for the perfect weather to start tuning up the backyard, start this long weekend to keep the summer open for relaxing. Regardless of experience, don't resort to boring, bland fencing — instead, opt for a few more creative and colourful solutions.

For more backyard tips

Tune in to Yard Crashers, Wednesdays at 10 p.m. ET/ PT on DIY Network Canada.

For the beginner

Since not every yard comes with mature tree cover, use lattice for an easy and cost-efficient solution to privacy issues. Generally sold in large panels, lattice is easy to cut to size and can be used with decks or as a standalone unit on the lawn or patio. The most popular materials are wood and plastic, so do some research to learn the pros and cons of each. For those with a green thumb, plant vines or other climbing plants at the base and watch the lattice turn into a beautiful green wall.

For the weekend warrior

Faux stone panels help break up the monotony of an entirely wood gazebo or deck without the back-breaking work. Add a wall to each side of the deck or build around a hot tub for a more exotic experience. Available in different colours and styles, these panels are durable, light, and require minimal maintenance. To really impress guests, decorate these walls just like interior rooms and hang something ornamental with dramatic lighting for the evenings.

For the veteran handyman

If you suspect the neighbours are spying from balconies or upper windows, it's time to look into pergolas. These attractive architecture pieces not only block sightlines but also provide shade. Situate your pergola over patio hot spots like the dining table or lounge area to create a complete outdoor room. For added privacy, hang flower baskets from the frame. While pergola kits are available, they can also be designed and built by a seasoned DIY-er for that one-of-a-kind look.

Made in the shade

If you suspect the neighbours are spying from balconies or upper windows, it's time to look into pergolas.

A vine-covered pergola provides pretty overhead cover. ISTOCK

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any DNA/GPL or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ^ Until April 30, 2014, lease a new 2014 F-150 Super Crew XLT 4x4 and get 1.49% APR for up to 24 months on approved credit (O.A.C.) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above with a value of $31,898 at 1.49% APR for up to 24 months with $1,950 down or equivalent trade in, monthly payment is $299, total lease obligation is $14,126, optional buyout is $22,362.98. Cost of borrowing is $1,838.98 or 1.49% APR. Taxes payable on full amount of lease financing price after Total Price adjustment (of $3,750 in manufacturer rebates, $750 accessory cash alternative, and $1,100 in Ford credit cash) has been deducted. Offers include freight and air tax ($1,800), license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of 15 cents per km over mileage restrictions applies, plus applicable taxes. ^^ Estimated fuel consumption ratings for the 2014 (F-150 4X4 5.0L V8 6-Speed Auto). Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. † F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December 2013. ± Offer valid from March 1, 2014 to April 30, 2014 (the "Program Period"). Receive CAD$1,000 towards select Ford Custom truck accessories, excluding factory-installed accessories/options ("Accessory/ies"), with the purchase or lease of a new 2013/2014 Ford F-150 (excluding Raptor) or Super Duty (excluding Chassis Cabs) (each an "Eligible Vehicle") delivered or factory ordered during the Program Period (the "Offer"). Offer is subject to vehicle and Accessory availability. Offer is not redeemable for cash and can only be applied towards eligible Accessories. Any unused portions of the Offer are forfeited. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. ** Offer only valid from March 27, 2014 to April 30, 2014 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) a Ford or Lincoln Pickup Truck (F150, F250-450, Ranger, Lincoln Mark LT, Lincoln Blackwood) (each a "Qualifying Loyalty Model"), or any competitive pickup truck with a pickup bed (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2013/2014 F-150 (excluding Raptor, XL 4x2 Value Leader, and 2014 F-150 SUPERCREW XLT 4X4 package 300A) (each an "Eligible Vehicle"). Qualifying customers will receive CAD$1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before Incentive is deducted. †† Offer valid from April 1, 2014 to April 30, 2014 (the "Offer Period") to Canadian residents who purchase finance or lease (during the Program Period) a new 2014 F-150 SuperCrew XLT 4x4 (300A) (the "Eligible Vehicle") and finance through Ford Credit Canada Limited will receive CAD$1,300 (the "Offer"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Offer per each Eligible Vehicle purchase or lease. Taxes payable before Offer amount is deducted. Not combinable with BFT Loyalty/Conquest offer. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved

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Climb real estate ladder in style

Easy-to-move pieces.
Decorate the smart way while 'buying up' to your dream home

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

So many ambitious homeowners are afraid to invest money in their places, knowing they will be moving onward and upward every couple of years until they reach the final home of their dreams.

Owning a temporary or transitional space doesn't mean it can't evoke style and reflect your taste. That being said, investing in custom decor ideas for each place can be a huge waste of money as you move your way up the real estate ladder. To help inject style and trends into your life until you finally reach your dream home, the secret is to think like you're living in a temporary rental.

Here's where you should and should not spend your money:

DON'T invest in fancy trims, moulding installations or painting an entire room. Adding easily-removable wall decals or painting a focal wall a fashionable colour are two options that can easily be removed or erased when you are ready to sell.

DO invest in large accessories that can make an impact in your home. Fine art, carpets, side tables and lamps often help inject much-needed high design in a boring space. Spend as much as you can afford and keep them forever; these sort of things can move easily to your next abode, travelling with you for life.

DON'T overspend on custom pieces that cannot be used in your next home. L-shaped sectional sofas, custom closet fittings and outdoor furnishings are all site-specific in size and make for lousy investments when living in short-term accommodations.

DO spend money on upgrades that will get you a better buck when you sell.

Stone kitchen counters, wood floors and pre-wiring for technology are all upgrades that you can enjoy knowing you'll get your money back when selling.

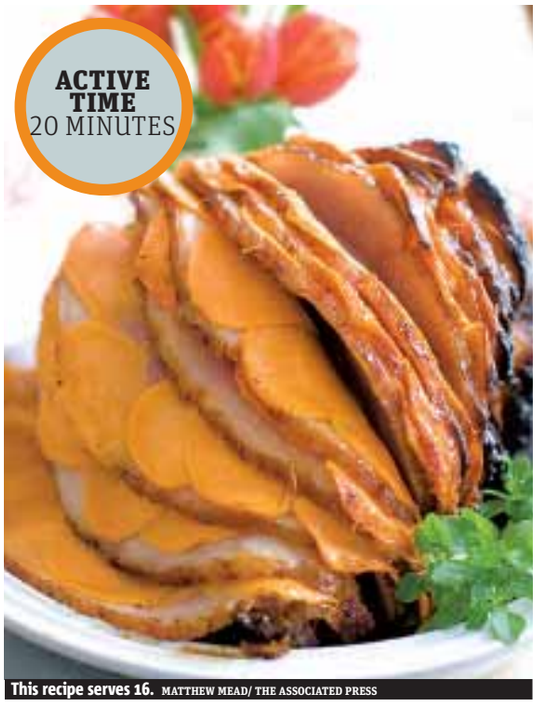
Accessories that travel are great investments in temporary locations. Motely rug, $400, CB2.com.
ALL PHOTOS CONTRIBUTED

No need to paint or add mouldings to add character to your space; simply stick up removable wall decals and create the focal wall of your dreams. Wall Pops Stripes from $15, WallPops.com

Investing in an easily-moved home accessory means enjoying it for life. My expensive dream: Bell Side Table by Sebastian Herkner, $3,200, Avenue-Road.com

WHO WINS?
If the Saskatchewan government privatizes food services in correctional and young offender facilities.
Not workers. More than 60 trained and experienced corrections staff will lose their jobs.
Not local businesses. A big, private company is likely to buy bulk from outside sources — cutting out local suppliers.
Not you. Or other taxpayers — government admits it may not save a dime. In fact, we may have to pay more!
Privatizing won't save money or improve security. So why is government willing to put safety on the line?
Help us stop the privatization of correction services before it gets started — by putting pressure on your MLA.
Find out more at:
IfYouLoveSaskatchewan.ca
SGEU

Dress ham up in its Easter best



This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Glazed Sweet Potato Ham. While Thanksgiving is the traditional meat-stuffing time of the year, it doesn't have to be the only one

Thanksgiving, we stuff turkeys. Easter we stuff ... Hams!

It's not as crazy as it sounds. And it's much easier than you think.

The result? A delicious and beautiful baked ham stuffed with layer upon layer of sweet potato slices.

The trick is to use a spiral-cut ham. All those slices are the perfect place to insert a bit of flavour and colour to your ham. Simply start at one slice, use your fingers to gently peel apart the layers, then insert thin slices of sweet potato.

And if sweet potatoes aren't your thing, the same approach would work with butternut squash or Yukon Gold potatoes. Just be certain to slice the vegetables as thinly as possible. A mandoline is your best bet.

Ingredients

- 2 large sweet potatoes, peeled
- 7- to 9-pound spiral-cut ham
- 10-oz jar apricot preserves
- 1 tsp ground black pepper

1. Heat the oven to 350 F .

2. Using a mandoline, slice the two large sweet potatoes very thinly. Place the spiral-cut ham, cut side down, in a roasting pan.

3. Carefully separating the layers of the spiral-cut ham, insert slices of sweet potato into each layer. Repeat this until every layer of the spiral-cut ham has been filled.

4. In a small bowl, stir together the apricot preserves and the black pepper, then spread the mixture all over the surface of the spiral-cut ham, ensuring it is evenly covered.

5. Bake Glazed Sweet Potato Ham for about 2 to 3 hours, or until the ham is heated to 160 F at the centre and the potatoes are tender. Allow the finished ham to rest for 15 minutes before slicing.

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STEAL THE SHOW

WITH FANTASTIC WHITE TEETH

SHUTTERSTOCK

If you have ever watched makeover shows on TV, you know that no matter what the experts do to hair, makeup and wardrobe, when the big reveal occurs and the guest steps out onto the stage, the person's teeth are always straighter, polished, and noticeably whiter.

Everyone steps into the limelight regularly in some way and having a beautiful whiter smile will steal the show every time.

Whitening teeth is one of the easiest and most impactful cosmetic changes you can make today, and it's no longer just a Hollywood thing. In fact, research has shown that most people would prefer to have whiter teeth. And they can. Whitening teeth is both affordable and easy to do for everyone.

So why do pearly whites dull down and lose some of their bright, white lustre?

With some people, it's genetics. They are born with teeth that are just more yellow than white.

Other people notice that, over time, their teeth discolour, which can happen as a natural part of aging.

Certain lifestyle habits accelerate discolouring. Smoking is very hard on teeth (and your body) and leaves yellowish nicotine stains.

Drinking dark liquids can affect the shade of teeth, too — think coffee, tea, and red wine — and even pigmented foods such as cherries, blueberries and beets can leave stains. Some experts suggest putting milk or cream into coffee and tea so they aren't so dark. But you have to be realistic, too. If you enjoy these drinks and foods, just be sure to brush your teeth after ingesting them.

Certain medications, as well as plaque and tartar, can affect the colour of your teeth, and that's why it's important to have your teeth cleaned regularly and to practise good dental hygiene.

Whitening your teeth will help remove stains and brighten your smile.

But whiter teeth can affect your psyche, too. Research has shown that the condition of your teeth and smile has a lot to do with the way you feel about yourself. While whitening teeth is a cosmetic improvement, the changes a person can experience as a result can be quite momentous.

To ensure these products are right for you, always read and follow the label.

People who have whitened their teeth say they no longer hide their smiles or cover their teeth when they are laughing or talking. They feel better about themselves overall and are more confident.

In effect, whitening your teeth is like wearing a new outfit or getting a fabulous new haircut. It simply makes you feel fantastic. That's a star quality that everyone deserves.

HEALTHY TEETH MAKE AN INSTANT IMPRESSION

Taking care of your teeth by practising good oral hygiene and whitening teeth sends all kinds of messages to the people you interact with everyday.

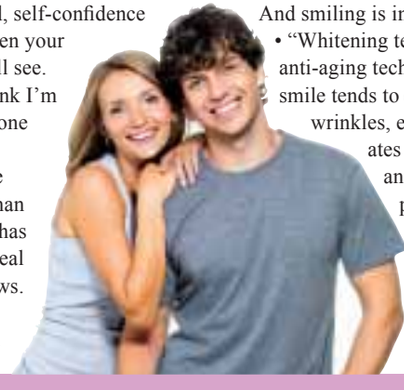
The messages are all good.

• "I feel good about myself." Teeth whitening helps improve your appearance and that makes you feel good. Of course, good, positive feelings are hard to hide.

• "Nothing can stop me now." When you feel good, self-confidence soars — whiten your teeth, you will see.

• "Do you think I'm sexy?" Someone who has nice looking white teeth rather than stained teeth has more sex appeal — and it shows.

• "Happiness is a huge part of me." When people have a bright smile they tend to smile more often. And smiling is infectious.



• "Whitening teeth is a great anti-aging technique." A whiter smile tends to overshadow facial wrinkles, etc., and that creates a more youthful and energetic appearance.

• "So nice to meet you." A smiling face is so much more friendly and approachable than one that is scowling.

• "Taking care of my body and mind is important to me." Whiter teeth are associated with beauty and a healthier lifestyle.

• "Oral hygiene is important to me, too." Whiter healthy teeth make an instant impression with people you know and meet. It's evident that you take care of your teeth — and yourself — and that's fantastic.

SHOW OFF YOUR PEARLY WHITES

Here are some top occasions where a beautiful white smile is on your side.

1 BIG PRESENTATIONS: People really do study you from head to toe when you are public speaking. Prepare by being the best you can be, including whiter teeth.

2 PHOTOGRAPHS: It's OK to want to look your best in photographs. These are lasting memories and whiter teeth make a difference.

3 MEETING NEW PEOPLE: You have mere seconds to make a first impression — a brilliant smile helps to make a good one.

4 GETTING MARRIED: Your wedding day should be perfect, right down to the radiant smile.

5 JOB INTERVIEW: Many people believe that during a job hunt an unattractive smile will hurt their chances for landing a job.

6 FIRST DATE: Most people believe an attractive smile makes a person more appealing as a partner.

7 CLASS REUNION: It's only been 20 years, but your teeth and smile are as bright and white as ever.

I WANT
A **WHITER** SMILE
FOR ALL MY SPOTLIGHT MOMENTS

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Crest® 3D White™ toothpaste fights cavities. ©2014 P&G

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FLICKR/CHIOT'S RUN

IT'S A MATTER OF MAKING A SHIFT

SET A GOAL TO TRY TO TREAT THE EARTH PROPERLY

Every year, Earth Day Canada organizes a campaign for the month of April to help educate and engage people of all ages and backgrounds to lower their environmental footprint. With Earth Day approaching on Tuesday, the Make It Count campaign is focusing on four action categories — eat, grow, transform, and share.

Canadians have been encouraged to set a goal for the number of actions they want to complete in each category throughout the month and count them using an online printable calendar. Then they are invited to share the results using the #MIC4ED hasthag to compare totals with friends, classmates, colleagues and people in other parts of the country.

Earth Day Canada president Deb Doncaster believes it's important to integrate Earth Day practices into regular activities; it's something she strives to do herself.

"Every day, I ride a bike to work and walk my son to school," she says. "I don't own a car, I'm a member of a local food co-op and I grow vegetables in my backyard."

Making seasonal, sustainable food choices is part of Make It Count's mission. Where we buy our food, what we eat and how we handle food waste can have a huge impact on the environment, economy and society.

Plants help purify and regulate the water cycle, store large amounts of carbon dioxide and are found at the base of the food chain. Tending to indoor or outdoor plants, herbs or vegetables is an easy place to start making a difference.

Transforming and repairing broken or old items, which is called "upcycling" or "repurposing," can save tonnes of waste from landfills. And one of the best ways to learn how to treat the planet properly is by sharing your knowledge with others, whether you do so by posting information on social media or writing a letter to a politician.

"Each Canadian has a responsibility to do what they can to lessen their impact on the Earth," Doncaster says.

"But integrating this into your daily activities has many great personal benefits, too, such as reducing stress and leading a healthier lifestyle. It's just a matter of making that shift."

– Jane Doucet

CONTRIBUTED

HOMETOWN HEROES

TEAMS TACKLE THE ENVIRONMENT

CONTRIBUTED

In February 2011, Lyda Salatian founded the Lower Mainland Green Team, a group of volunteers who help Metro Vancouver parks, municipalities, non-profits and other organizations tackle environmental issues through teamwork and co-operation.

The Green Team combines Salatian's passion for the environment and her organizational skills. Volunteers have planted native plants and trees, such as Douglas fir, Western red cedar and Sitka spruce, picked up litter, removed invasive plants, such as English ivy, Scotch broom and periwinkle, and prepared and harvested vegetable beds, among other initiatives.

Earth Day Canada chose the Lower Mainland Green Team as the recipient of its 2013 Hometown Heroes Group Award, which recognizes a Canadian group that demonstrates outstanding environmental leadership, commitment and achievements in local communities.

"The Hometown Heroes Award sends a message that the work of our volunteers is very much valued and respected," says Salatian, the Lower Mainland Green Team's director.

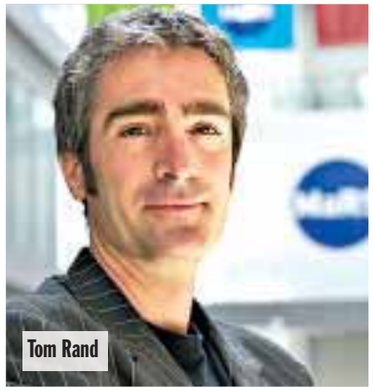
Salatian has been so inspired by her volunteers that in the past year she founded a charitable organization called Green Teams of Canada, through which she plans to start other green teams in British Columbia and across Canada. This summer she will be riding her bike from Victoria, B.C., to St. John's, N.L., to raise funds and awareness about Green Teams of Canada.

In the meantime, Salatian and her volunteers are basking in the glow of the Hometown Heroes Group Award win, which she feels her team shares symbolically with all of the hard-working environmental stewardship and watershed groups across the country.

Salatian has already invested the $10,000 Hometown Heroes Group Award cash prize — made possible by program sponsors Mill Street Brewery and RBC — in a worthy initiative.

"Our Green Team put the money toward running more activities to engage youth and at-risk youth. It's so important to instill an environmental ethic in younger generations."

– Jane Doucet



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TED RAND: MAKING A POSITIVE IMPACT

Deborah Doncaster still remembers her first Earth Day experience. The year was 2000, and she was with her niece and nephew at a tree-planting event in Rosedale Valley Ravine in Toronto.

"It was then that I really understood the satisfaction of doing something direct," she says. "A lot of my work before that was focused on being an activist and I attended many protests. But after that day, I got hooked on direct environmental action — less talk, more doing. It was something you could touch and feel. It was real and it was fun."

Today, Doncaster is president of Earth Day Canada, which organizes Earth Day events, as well as year-round programs to foster interest in the environment.

The outstanding commitment to the environment award is one of those programs — a prestigious annual award handed out to an exceptional environmental activist, teacher or thinker. Every year, Earth Day Canada chooses someone who has made a significant difference for the environment and who has truly set an excellent example of great environmental work to receive the award.

Tom Rand, the most recent winner, is a green entrepreneur, advocate, adviser, speaker, investor and the author of Kick the Fossil Fuel Habit: 10 Clean Technologies to Save Our World. *– Tom Mason*

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SHUTTERSTOCK

TAKE ACTION IN YOUR HOME

Celebrated every year on April 22, Earth Day is the largest environmental event in the world. More than six million people — including nearly every school-aged child — participate in Earth Day activities in their own communities.

It is a valuable reminder to respect the environment and do what we can to protect our planet. So this year on Earth Day, be sure to pledge an act of green.

Even at home, there are ways to take part in the world's most celebrated environmental event. Try these environmentally friendly tips that will also save you money on your energy bills:

• Cool down your house with a ceiling or electric fan and open up the windows at night. Ceiling fans cost about one cent for two hours of use, compared to 67 cents to a dollar for central air. Use your air conditioning only when necessary and be sure to turn it off when you are going to be away from home for long periods of time.

• Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you are away or sleeping.

• Check the tightness on your refrigerator seal by closing the door on a piece of paper. If it's held in place, the seal is still good, if not, it's time to replace the seal or fix the door's alignment.

• Only do laundry when you have full loads. If you have smaller loads, make sure to use the correct settings and if you only have a couple of items, wait it out or wash them by hand.

– News Canada

WORKING WITH COMMUNITIES

CONTRIBUTED

Environmental stewardship is a complex and subtle discipline. Many cultures around the world approach it in different ways and they all have their own unique insights and solutions.

The Earth Day Canada Tapestry program began as an acknowledgement that diverse cultural groups have many things to offer the environmental movement. Tapestry aims to bring diverse communities, community organizations and environmental sector stakeholders together in the Greater Toronto Area and southern Ontario over the next two years, and then nationally in years 4 and 5 to come up with new, collective ways to affect widespread and sustained environmental change.

Eduardo Garay is senior adviser — local and international programs at FutureWatch Environment and Development Education Partners. This not-for-profit organization helps connect new Canadians and those living in diverse communities in the GTA and elsewhere with their natural environment. He is on the Tapestry advisory council and his group is one of the stakeholder groups that have joined forces to support Tapestry.

"Tapestry is an upshot of a diversity research project conducted by Earth Day Canada in 2013," Garay says. "We looked at the capacity for an environmental organization that could work with a variety of communities."

Tapestry's goals include establishing more diversity on environmental sector boards and developing a diverse group of speakers who can communicate environmental issues to the media, to the general public and to interest groups. It is also developing a two-year community leadership program and a web-based resource toolkit that will be available in 10 languages.

The Tapestry program is sponsored by the TD Friends of the Environment Foundation and the Ontario Trillium Foundation.

– Tom Mason

M.E. LaZerte School in Edmonton won a $25,000 computer lab from Staples Canada.

CONTRIBUTED

RECYCLE FOR EDUCATION

Winning a new computer lab for your school is impressive enough. For the 700 schools across Canada that took part in this year's Recycle for Education program, the chance to make a difference to the environment and their planet was the real reward.

The competition, sponsored by Staples Canada in collaboration with Earth Day Canada, gave 10 participating schools the opportunity to win a suite of computer equipment worth $25,000 to each school, for submitting the details of their own green plan.

"When we heard that we had won grant money from Staples for our school, we were ecstatic," says Shelley Kofluk, student leadership department head at M.E. LaZerte School in Edmonton, one of last year's winners.

Leigh Pearson, director of facility, environmental and procurement at Staples Canada, says the Recycle for Education program squares perfectly with her company's core values.

"We're passionate about education and we're also passionate about the environment. We can learn a lot from students when it comes to finding ways to protect our environment. They have a lot to tell us, and the Recycle for Education program gives us a way to tell their stories."

– Tom Mason

SOLAR ENERGY

Clean, Renewable and Plentiful

Did you know that the Southern Prairies have the best solar profile in Canada? Southern Saskatchewan has even been named the number one solar "hot-spot" in all of Canada. Capturing the sun's energy has benefits for us all.

First Nations Power Authority (FNPA), in partnership with FHQ Developments and Lockheed Martin Canada, is excited to announce a new commercial solar power demonstration project installed at the Home Inn & Suites located in Swift Current, Saskatchewan.

This project showcases new technology, specifically designed for Canada's climate. It's an opportunity for FNPA and FHQ Developments to get a better understanding of how to use solar energy commercially in our province.

FNPA thanks all of its partners for their generous support. **For more information please visit our website: www.fnpa.ca.**

FHQ Developments

Government of Saskatchewan

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Canada

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FNPA

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where life makes sense

Recycle with style at Value Village

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DID YOU KNOW?

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association and Saskatchewan Institute on Community Living. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more information on Value Village's nonprofit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit **valuevillage.com**.

GOOD JOB BOB!
Save 30%

When you donate two bags or boxes of reusable clothing or household items at the Community Donation Centre located at Value Village! Now thru May 3, 2014. Value Village pays local nonprofits every time you donate, and recycling helps planet Earth! Thank you!

Offer good now thru May 3, 2014. One coupon per visit. Minimum two box/bag requirement. Each box/bag must be equal to or larger than one full brown paper grocery store shopping bag. See coupon for details.

In our community, your donations benefit:

Canadian Diabetes Association

Community Living
Supporting individuals with intellectual disabilities in Saskatchewan.

Donate at:

Value Village

PROUD OF YOU SUE!

YOU JUST DONATED AT VALUE VILLAGE.

YOUR DONATION OF CLOTHING AND HOUSEHOLD ITEMS JUST BECAME FUNDING FOR A LOCAL NONPROFIT AND HELPS THE ENVIRONMENT. FEELS GOOD, RIGHT? WE KNOW!

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Canadian Diabetes Association

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www.valuevillage.com

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metro

GOLF GUIDE

WEEKEND, April 17-20, 2014

It's important to let your body get used to swinging a golf club again after being dormant during the winter. SHUTTERSTOCK

Dust the rust off your swing

Golf fitness. Take it slow when you prepare to hit the links again after a long Canadian winter

BRIAN KENDALL
For Metro

After a long Canadian winter, golfers are naturally eager to get their season started. But proceed with caution.

"It's important to let your body get used to swinging a club again," said Ted Stonehouse, the director of golf and head professional at Clovelly Golf Course in St. John's, N.L. "You'll avoid back troubles and other aches by taking smooth and easy swings at the golf range for a couple of days before playing."

Even before your first swing, check your equipment. Do your soft spikes need replacing? Do your clubs need to be re-gripped? New grips at the start of the season help golfers avoid the potentially disastrous habit of gripping the club too tightly and over-swinging.

Just as essential is practice time on the putting green. After a long layoff, your feel for the short game, especially putting, usually suffers the most.

Finally, it's time for a lesson or two with your local golf pro.

"Lessons are the key to a successful season," Stonehouse said. "A lot of pros offer two-day spring tuneup sessions that reintroduce even longtime golfers to the basics — grip, posture, swing fundamentals and so on. Get those right and you're almost certain to play the best golf of your life."

Drive home a winning tournament

Are you dreaming of hitting a golf course? Or perhaps you are joining the countless Canadian companies, organizations, charities, and other groups that are planning their annual golf tournament?

Such events are a valuable way to entertain customers, thank employees, or raise funds for your group. And while there are many details to arrange, organizing it doesn't have to be onerous.

Experts recommend you cover the basics first: Picking the right date and a course that is suitable for your group. The earlier you do this, the better, as you will get a wider selection of dates and courses.

Ensuring your guests are well fed and hydrated is another priority. In the heat of summer, a good supply of food and non-alcoholic beverages will ensure your participants enjoy a healthy and safe round.

What about prizes? The excitement of winning something is always a big draw, so contact local businesses, suppliers, partners and friends for prize donations.

You could offer hole-in-one prizes such as a car, a boat, trips, or cash. "Adding big prizes to your golf tournament doesn't have to be an expensive or worrisome endeavour," says Andrea Martin, a senior underwriting manager with Wayfarer Insurance. "You can get inexpensive insurance coverage that will pay for the prize in the event that a golfer hits an ace." NEWS CANADA

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Graham DeLaet's prominence on the PGA Tour, combined with a booming local economy, has golf operators across Saskatchewan celebrating an unprecedented run of good fortune. THE ASSOCIATED PRESS FILE

Dakota Dunes. A golf showcase

BRIAN KENDALL
For Metro

Golf in Saskatchewan is suddenly as hot as a Prairie heat wave.

Native son Graham DeLaet's prominence on the PGA Tour combined with a booming local economy and the growing fame of Saskatoon's Dakota Dunes Golf Links has golf operators across Saskatchewan celebrating an unprecedented run of good fortune.

Whenever DeLaet's name appears on a tournament leaderboard, fans anxiously follow every swing by the long-hitting 32-year-old, who sports a tattoo of a Canadian flag on his right leg.

But even more than DeLaet's popularity and an economic surge fuelled by oil and gas, potash and other natural resources, Saskatchewan's golf boom is built on the success of Dakota Dunes Golf Links, a championship layout declared Canada's best new course of 2005 by Golf Digest.

Here, at last, was a marquee property capable of igniting golf tourism throughout the province.

Financed by four Saskatchewan First Nations, Dakota Dunes kicks and bucks across the wind-swept Prairie. Canadian architects Wayne Carleton and Graham Cooke built their bunkers wild and woolly, edged by native grasses. Though generous landing areas encourage big hitters, slanting fairways, sinkholes and occasional blind shots from behind sand dunes booby-trap almost every hole.

"I was astonished when I first saw the endless white-capped dunes," Carleton said. "It was land-made for a links style course. A one-in-a-million property."

Dakota Dunes quickly captured the attention of golfers around the world and, since 2008, has raised its profile even higher by hosting the Dakota Dunes Casino Open (July 3-6), a PGA Tour Canada event named after the First Nations casino on the same grounds.

Already dealt so many winning hands, Saskatchewan couldn't have chosen a better — or more symbolic — setting for its premier golf showcase.

Must-play courses across the country

From the seaside in Nova Scotia to the Rocky Mountains of Alberta, here are four world-acclaimed Canadian courses every golfer must play at least once.

Cabot Links, Nova Scotia
Canada's first true links course launched to wild acclaim in 2012. Sprawling between the Cape Breton town of Inverness and the Gulf of St. Lawrence, Cabot Links trails down into the dunes along the ocean and then back to higher ground.

Highlands Links, Nova Scotia
Nova Scotia's tallest mountains loom over this Stanley Thompson-designed Cape Breton jewel, where wildly humped fairways snake through terrain ranging from a pine-edged valley floor to rocky outcrops and seaside marshes.

Glen Abbey Golf Club, Ontario
World-famous as the host of 26 Canadian Opens, Glen Abbey features tight traps and numerous water hazards.

Banff Springs Golf Course, Alberta
Designed in the 1920s by Stanley Thompson, the Banff Springs Golf Course and the Fairmont hotel that looms like a fairy-tale fortress on the cliffs overhead have become totemic symbols of the Canadian game.

BRIAN KENDALL

You will probably need a golf cart if you visit any of the following mountain courses. SHUTTERSTOCK

Awesome peaks pique a golfer's imagination

BRIAN KENDALL
For Metro

For many golfers, nothing compares to the thrill of teeing it up at Canada's most beautiful mountain courses. Towering evergreens straining toward the northern sky. Awe-inspiring panoramas of glacial lakes and mountain valleys. What could be more satisfying, or uniquely Canadian, than golf experiences such as these?

Alberta

Jasper Park Lodge Golf Course
One masterful mountain valley hole flows into the next at a Stanley Thompson-designed course that startled the world with the brilliance of its design — and made its architect's reputation — when it opened in 1926.

Stewart Creek Golf and Country Club
Calgary-based architect Gary Browning treats golfers to a roller-coaster thrill ride at a course set in the shadow of the Three Sisters, a spectacular three-peak massif in the Rundle Range.

Banff Springs Golf Course
Thompson's Banff Springs course, the first anywhere to cost more than $1 million, has long been included in virtually every ranking of the game's leading layouts, and its most celebrated hole, the par-3 Devil's Cauldron, numbers among the most photographed in golf.

British Columbia

Big Sky Golf and Country Club
Mount Currie looms like a granite god over a links-style course built by American architect Bob Cupp on the flatlands of a former potato farm.

Chateau Whistler Golf Club
Wild elevation changes are the hallmark of a design by Robert Trent Jones Jr. that rolls with the natural contours of the landscape at the base of Blackcomb Mountain.

Greywolf Golf Course
Canadian architect Doug Carrick's drama-filled layout features 500 feet of elevation change, as well as the aptly named Cliffhanger, one of Canada's most unforgettable par-3s.

The Ridge at Predator Ridge Resort
Doug Carrick's award-winning course climbs rapidly into the foothills of the Monashee Range, offering cliff-top tee shots and views of Lake Okanagan far below.

Golfing on a mountain course is a unique Canadian experience. SHUTTERSTOCK

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Celebrate the game at GOLFest

Is it any wonder Nova Scotia is being hailed as Canada's hottest golf destination?

From June 29 to July 6, Halifax will grab the national spotlight by staging GOLFest Nova Scotia, a celebration of the game featuring an 18-hole exhibition called the Canada Cup, pitting Canadian standouts Graham DeLaet, Mike Weir and David Hearn against PGA Tour stars Matt Kuchar, Gary Woodland and Trevor Immelman.

GOLFest's lineup includes the Nova Scotia Open, the first Web.com Tour event played on Canadian soil in 10 years, and the Junior Canada Cup, a showcase for junior players from across Canada.

Hosted by the New Course at Ashburn Golf Club in the Halifax suburb of Windsor Junction, GOLFest is a production of SportBox Entertainment Group in partnership with the city of Halifax, the Atlantic Golf Organization and the PGA Tour.

Nova Scotia has been the talk of Canadian golf since the 2012 opening of Cabot Links, Canada's first true links course and one of only five in North America.

BRIAN KENDALL

Don't overlook these gems

Unsung courses. Great golf and the thrill of discovery await across the country

BRIAN KENDALL
For Metro

Of Canada's nearly 2,100 public courses, only about 25 enjoy national renown. Yet, throughout our wildly varied golf landscape, there are courses just as gorgeous and brilliantly designed that go largely overlooked.

Great golf — and the thrill of discovery — await at the courses described here.

There are many golf courses around the country that are often overlooked. SHUTTERSTOCK

Twin Rivers Golf Course, Newfoundland

Canadian architects Robbie Robinson and Doug Carrick combined their talents at a thrillingly natural course in Terra Nova National Park that skirts the Atlantic Ocean before winding through a coniferous forest teeming with wildlife.

The Pines Golf Course, Nova Scotia

A Stanley Thompson-designed seaside jewel in the town of Digby, The Pines is a classic parkland layout with tight fairways and small, subtly undulating greens open at the front.

Fairmont Le Manoir Richelieu Golf Club, Quebec

Spectacularly situated on cliffs overlooking the mighty St. Lawrence River, 140 kilometres east of Quebec City, this 27-hole facility includes nine superb new holes, several of them affording commanding views of the river.

The Links at Quarry Oaks, Manitoba

One of the most eclectic golf properties in Canada, The Links at Quarry Oaks, 60 kilometres southeast of Winnipeg, presents golfers with a choice of three nine-hole courses, featuring everything from forests and an abandoned quarry to waste areas and gravel ridges.

Deer Valley Golf and Estates, Saskatchewan

Opened in 2001, Deer Valley rolls seamlessly through the beautiful Qu'Appelle Valley, just north of Regina, offering no tricks or gimmicks, just pure Prairie golf.

Canmore Golf and Curling Club, Alberta

Alpine vistas, a meandering glacial river, towering forests of fir trees, Canmore Golf and Curling Club offers many of the same mountain golf experiences as the nearby Banff Springs and Stewart Creek courses at about half the cost.

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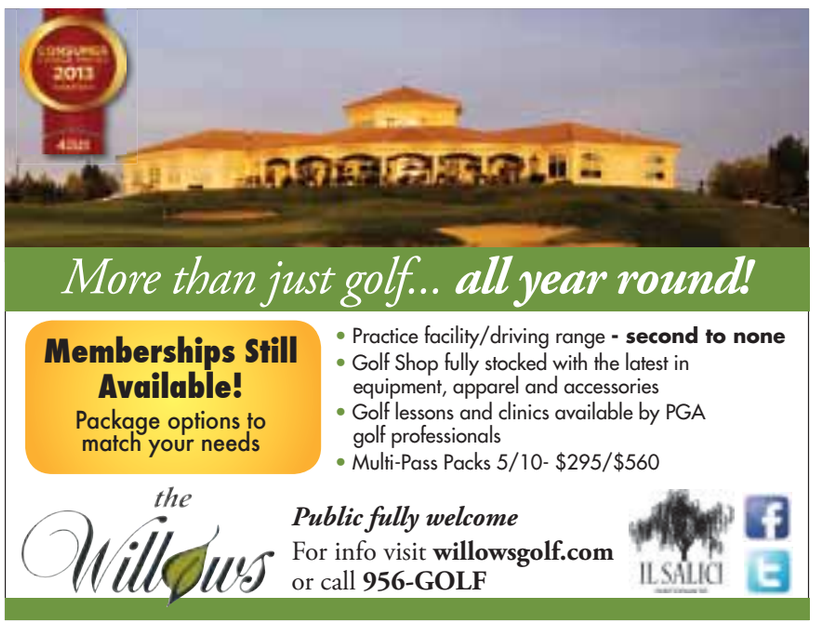
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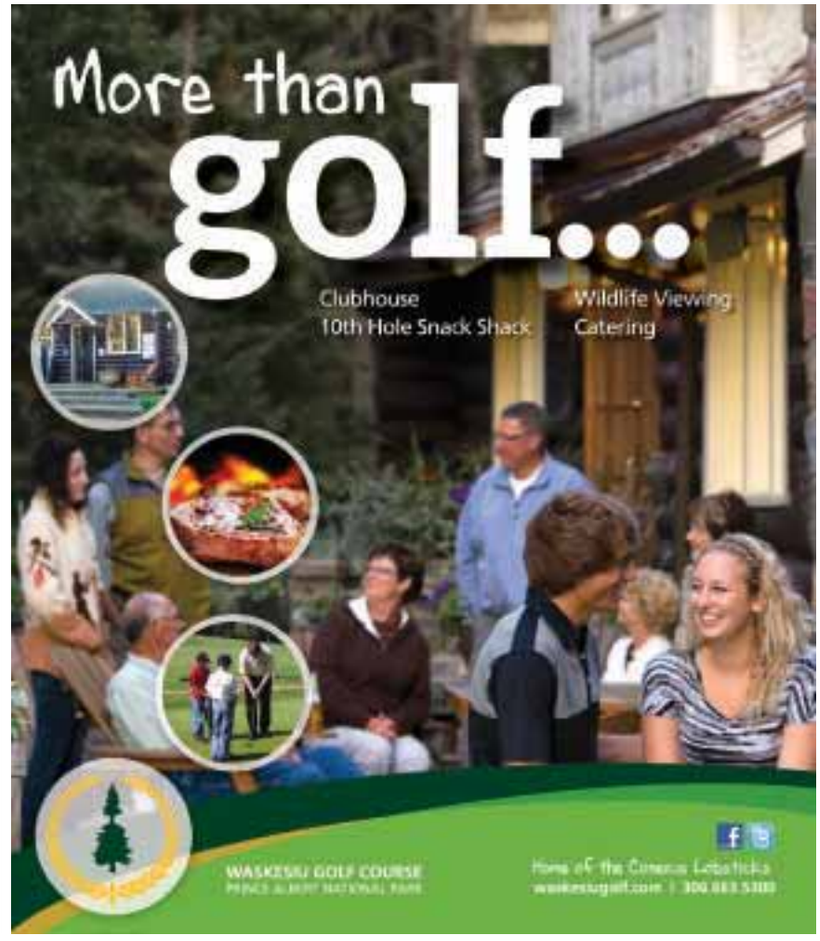


Darian Durant re-signed with the Riders on Wednesday. JEFF GROSS/GETTY IMAGES

‘A no-brainer’: Durant signs on for more Regina

CFL. Newly re-signed quarterback calls Riders organization ‘the best in the league’

Corey Chamblin knows who his starting quarterback will be for the next little while.

The Saskatchewan Roughriders signed veteran Darian Durant to a multi-year extension Wednesday after he led the club to its fourth Grey Cup title last year.

Knowing he has the 31-year-old Durant for the long-term — reportedly through the 2016 season — is a big relief for Chamblin, named the CFL’s coach of the year following Saskatchewan’s Grey Cup championship.

“In order to win championships you need to have a quarterback and to win multiple championships you have to have a quarterback who believes in the head coach and I think that’s what we have,” Chamblin said during a news conference announcing Durant’s extension. “It’s huge to have that security.

“That’s the biggest security blanket, knowing who’s going to be under centre for the next few years.”

Durant, a five-foot-11, 214-pound native of Florence, S.C., had one year left on his previous deal. He’s entering his ninth CFL season, all with Saskatchewan.

“A lot of guys don’t get the opportunity to stay with one franchise their whole career,” Durant said. “It was basically a no-brainer for me to stay a part of this organization.

“It’s the best in the league.”

And there’s certainly continuity at the top as this off-season the Riders have re-signed Durant, Chamblin and general manager Brendan Taman to new extensions. Taman also added the title of vice-president of football operations to his job description. THE CANADIAN PRESS

Dedicated Darian

“It wasn’t about taking as much money as he can get, it was about keeping our team together and that tells you all about Darian.”

Roughriders GM Brendan Taman

NHL playoffs

Weise lifts Habs over Bolts in OT

Dale Weise scored his first playoff goal in overtime to lift the Montreal Canadiens over the Tampa Bay Lightning 5-4 on Wednesday in Game 1 of their first-round playoff series.

Steven Stamkos scored twice, Alex Killorn had a goal and an assist, and Nikita Kucherov also scored for the Lightning. Lars Eller had a goal and an assist, Brian Gionta scored short-handed and Thomas Plekanec and Thomas Vanek replied for the Canadiens. THE CANADIAN PRESS

Monte Carlo Masters

Raonic OK on clay

Canada’s Milos Raonic opened his clay-court season with a second-round victory over Taiwan’s Yen-Hsun Lu at the Monte Carlos Masters on Wednesday.

The No. 8 seed from Thornhill, Ont., rebounded nicely after dropping a first-set tiebreaker in the 6-7 (4), 6-2, 6-1 win.

Raonic, who had a first-round bye, fired 19 aces. THE CANADIAN PRESS

Scan this image with your Metro News app to see how some other stars did on Wednesday in Monaco. JULIAN FINNEY/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Something you said or did in the past may return to upset your plans today but there is nothing you can do about it so just go with the flow.

♉ Taurus
April 21 - May 21
You may like to give the impression that you are immune to criticism but it's not true and what someone says today will hurt you. Could it hurts because you know there might be truth in it?

♊ Gemini
May 22 - June 21
You have no time for people who think and act slowly but the planets warn you need to be a bit more lenient and forgiving today. Not everyone can operate at your level.

♋ Cancer
June 22 - July 23
It may be tempting to start something new today but you know you should be biding your time and conserving your energy. Once the Sun moves in your favour again on the 20th, you will know for certain what you should be doing.

♌ Leo
July 24 - Aug. 23
Someone in a position of authority is watching you and if they like what they see, you could be in for a promotion when the Sun moves into the career area of your chart during the weekend.

♍ Virgo
Aug. 24 - Sept. 23
If you promised to do something for a friend and you've had a change of heart, too bad! If you let even one person down today your rep for trustworthiness will head south.

♎ Libra
Sept. 24 - Oct. 23
It may be time to let people know that they can have no say in your future. Far too many friends and relatives seem to be telling you what you should do but each of them is wrong.

♏ Scorpio
Oct. 24 - Nov. 22
There is a battle of wills going on at the moment, either in your career or your social circle, and it's a battle you cannot afford to lose.

♐ Sagittarius
Nov. 23 - Dec. 21
If you own up to some sort of transgression today, it may surprise you how little others seem to care about it. Either it's not such a big deal after all or their own sins are many times worse. For you, it's a win.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that someone you work with has made a mistake and would like nothing better than to blame you for it. Don't let that happen! They're not the only ones who can point fingers.

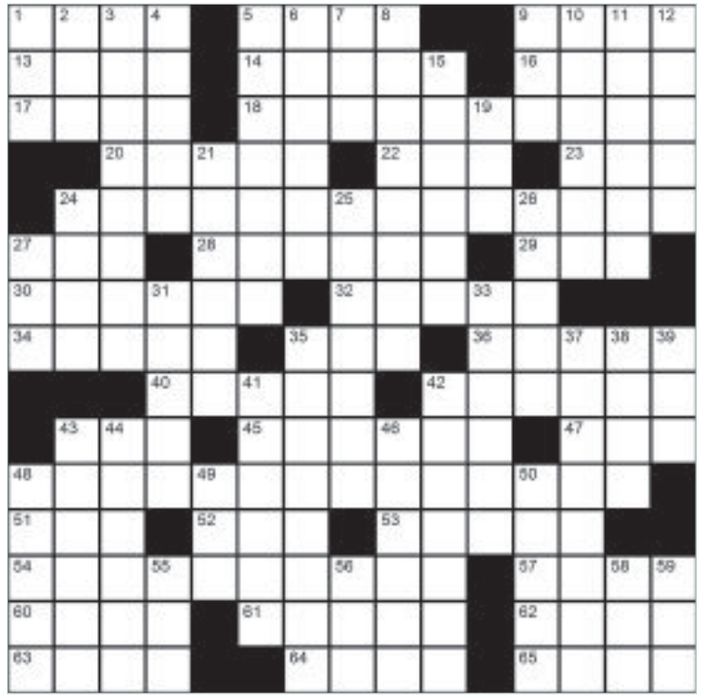
♒ Aquarius
Jan. 21 - Feb. 19
You seem reluctant to take chances at the moment and according to the planets you are right to hold back. A lot will change over the next four days, so wait a bit before making your next big move.

♓ Pisces
Feb. 20 - March 20
Try not to commit yourself to anything new over the next 24 hours. A range of possibilities will open up for you between now and the start of next week, so don't get snowed under by even more responsibilities. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

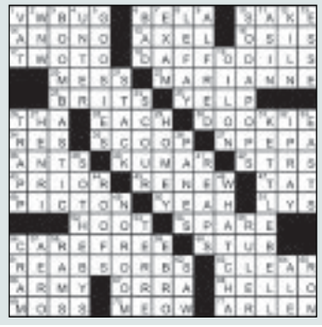
BY KELLY ANN BUCHANAN



Across
1. __ and terminer
5. Scatters seeds
9. Salon service
13. Buddy Holly hit: "__ On"
14. Creates a cardigan
16. Baseball's Mr. Boggs
17. Old UK airline in a Beatles tune
18. Space studier
20. "The ___ heard was..."
22. Stun
23. Perhaps
24. Canadian comedy series for Rocko, Cuddles, Bill and Buttons the Bear: 3 wds.
27. Farm field
28. Singer Ms. Franklin
29. Ques. partner
30. Records
32. Wretched
34. Awkward
35. Rent
36. Fast
40. South Pacific tourist destination
42. Beachwear style
43. Italian pronoun
45. Turkey's capital
47. Stock place, e.g.
48. Saskatchewan's rugged Western-movie-esque region near the American border: 3 wds.
51. __ Arbor, Michigan
52. My own, in Latin
53. Iron: German
54. Members of Cape Breton choir The Men of the Deeps: 2 wds.
57. Mythical Hun king
60. Prefix to 'phony' (Harsh noise)
61. Bug
62. French pronoun
63. Freshly
64. Quebec City 'streets'
65. 'Photosynth' suffix

Down
1. Royal symbol
2. Former-NBAer, __ Ming
3. Assess
4. Post-game analysis
5. Kurt Browning's colleagues
6. At the actual place
7. Stand-up's forte
8. Scarecrow's outfit part: 2 wds.
9. __-faced
10. Home design/build expert on "The Marilyn Denis Show", Mr. Khachi
11. Nonesuches
12. Ms. Streep
15. "Hey, I could care less.": 2 wds.
19. Retro's opposite
21. Enemy of ancient Athens
24. Actor Mr. Badgley
25. Like not-cleaned-very-well windows
26. Inuit craft
27. Hilo adornment
31. __ salts
33. Judicial happenings
35. Denizen of Ontario's 'Forest City'
37. Stuffed-into-olives items
38. Like stamp pads
39. Morse Code tap
41. Became successful: 2 wds.
42. Sears-then-simmers in cooking
43. Ancient Greece: Denizen of the island of the Labyrinth
44. Northwestern Ontario town
46. Disinclined
48. Berry
49. Un-sure sounding sound
50. Go away
55. Down
56. Montreal 'water'
58. Him: French
59. Chris Hadfield's post in 2013, for short

Yesterday's Crossword



Sudoku

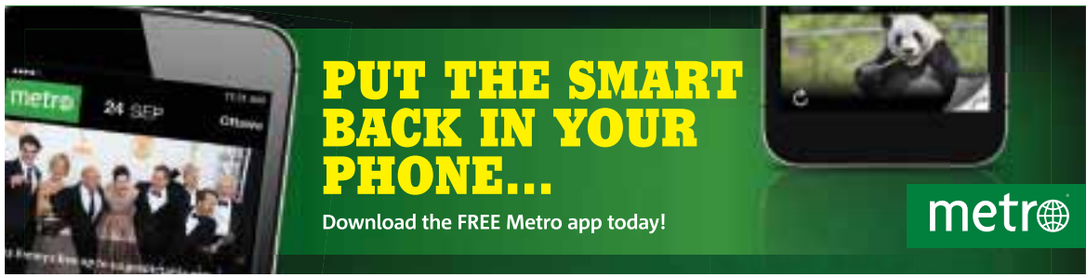
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3			9		
7		3		5			4	
8			4			5		
		5		6	2			1
	2						5	
9			1	4		7		
		1			8			2
	3			7		1		9
		4			6			

Yesterday's Sudoku

4	3	5	6	1	2	9	8	7
9	1	2	5	8	7	6	4	3
7	8	6	3	4	9	1	2	5
6	4	1	7	3	8	5	9	2
2	5	3	9	6	4	7	1	8
8	9	7	2	5	1	4	3	6
3	7	4	1	2	6	8	5	9
5	6	8	4	9	3	2	7	1
1	2	9	8	7	5	3	6	4

Today 0°/-2° Drifting snow 70%
Friday 3°/-4° Wet snow 80%
Know what the weather will be 14 days from now.
Check the 14-day trend.
TWN incorporates MSC data



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